



You can use your benefit card to shop for food, including:



- Fruits
- Vegetables
- Herbs
- Tofu, tempeh & seitan
- Beans and legumes



- Beef
- Chicken
- Turkey
- Pork
- Fish and seafood



- Milk
- Yogurt
- Cheese
- Eggs



- Rice, oats and quinoa
- Cooking oils  
(plant-based)
- Herbs and spices  
(no added salt)



- Frozen produce
- Frozen meat & seafood

Do you need help using your card?  
Call us at (888) 253-5667

For more details or questions about your benefits, visit [projectbread.org/hrsn](https://projectbread.org/hrsn)